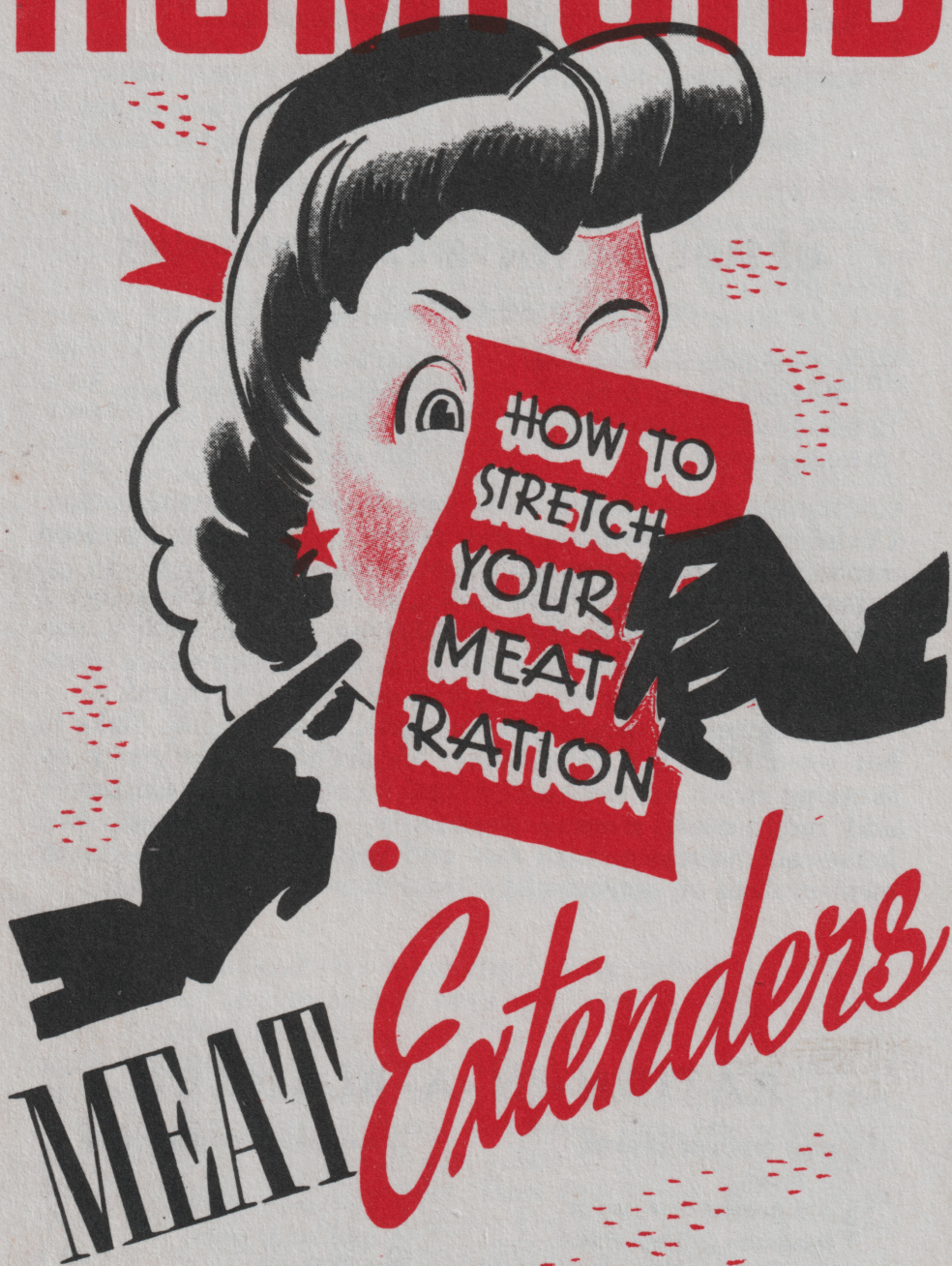


RUMFORD



THRIFT SPECIAL: ●

Save on eggs! When you scramble eggs or make an omelet, use the Rumford secret: Just add $\frac{1}{4}$ teaspoonful of Rumford All-Phosphate Baking Powder for every 2 eggs. This will stretch the eggs into more servings, will let you use fewer eggs in making the dishes. Use only Rumford for this, however, because Rumford has no bitter taste, is pure calcium-phosphate.

Different! ●

UPSIDE-DOWN MEAT MUFFINS with Horse-radish Gravy

$\frac{1}{2}$ lb. fresh pork sausage meat	1 cup milk
*Rumford Muffin Batter	1 teaspoon prepared horse-
2 tablespoons chopped onion	radish
2 tablespoons flour	Salt and pepper

COOK sausage in skillet until well browned, stirring often. Drain, reserving drippings for gravy. Line 8 large greased muffin pans with an equal amount of meat.

Prepare *Rumford Muffin Batter as follows: Sift together 2 cups flour, 3 teaspoons Rumford Baking Powder, and $\frac{1}{2}$ teaspoon salt. Beat 1 egg; add 1 cup milk, and $\frac{1}{4}$ cup melted shortening. Add to dry ingredients, stirring only until mixed.

Pour batter on meat in muffin pans, filling $\frac{2}{3}$ full. Bake in hot oven (400° F.) 25 minutes. Meanwhile make gravy by sauteing onion in meat drippings; blend in flour. Gradually add milk; cook, stirring constantly, until thickened. Add horse-radish; season with salt and pepper. To serve, invert meat-muffins on serving plate; pour over sauce. Makes 8.

A Little Makes a Lot! ●

RATION-IN-A-BLANKET

$1\frac{1}{2}$ cups chopped cooked meat	1 teaspoon Worcestershire sauce
$\frac{2}{3}$ cup grated raw carrot	Salt and pepper
1 teaspoon grated onion	$1\frac{1}{2}$ cups meat gravy
*Rumford Watercress Biscuit Dough	

COMBINE meat, carrot, onion, and Worcestershire sauce; season with salt and pepper. Moisten with about $\frac{1}{4}$ cup gravy.

★ ★ RUMFORD CONTAINS NO ALUM ★ ★

Prepare **Rumford Watercress Biscuit Dough*: Sift together 2 cups flour, 3 teaspoons Rumford Baking Powder, and $\frac{1}{2}$ teaspoon salt. Wash $\frac{1}{2}$ bunch watercress; chop fine. Add to flour mixture. Cut in $\frac{1}{4}$ cup shortening. Add $\frac{3}{4}$ cup milk, mixing to make a soft dough.

Divide dough in half; pat out one half into round 8 inches in diameter on baking sheet. Spread meat mixture on one biscuit round; pat out other round. Place on meat mixture. Press edges together. Bake in hot oven (425° F.) 30 minutes or until well browned. Cut in wedges and serve with hot gravy. Serves 4 to 6.

Easy on the Budget! ●

ROSY RING AROUNDS

2 tablespoons fat	Salt and pepper
$\frac{1}{4}$ cup minced onion	<i>*Rumford Biscuit Dough</i>
1 lb. ground frankfurters	1 cup medium white sauce
$\frac{1}{2}$ teaspoon Worcestershire sauce	1 teaspoon dry mustard

MELT fat; add onion and ground frankfurters. Cook until lightly browned, stirring often. Add Worcestershire sauce; season with salt and pepper. Prepare **Rumford Biscuit Dough* as follows: Sift together 2 cups flour, 3 teaspoons Rumford Baking Powder, $\frac{1}{2}$ teaspoon salt; cut in $\frac{1}{4}$ cup shortening. Add $\frac{3}{4}$ cup milk, mixing to make a soft dough.

Roll out dough in rectangle about $\frac{1}{4}$ inch thick. Cover with meat mixture; roll up jelly-roll fashion. Cut in $1\frac{1}{2}$ inch slices; place in baking pan. Bake in very hot oven (450° F.) 15 minutes. Combine white sauce and mustard; serve on the hot biscuit rings. Serves 4 to 6.

Grand with Chicken Fricassee! ●

RUMFORD CORN-CHEESE DUMPLINGS

(For Hot Stew or Fricassee)

2 cups flour	2 tablespoons shortening
3 teaspoons Rumford Baking Powder	$\frac{1}{2}$ cup grated American cheese
1 teaspoon salt	$\frac{1}{2}$ cup finely chopped whole kernel corn (cooked)
1 cup milk	

SIFT together flour, Rumford Baking Powder, and salt; cut in shortening with 2 knives or pastry blender. Add cheese and corn. Gradually add milk, mixing until smooth. Drop by

tablespoons on hot stew or fricassee. Cover tightly; cook gently 10 to 15 minutes without removing cover. Serves 6.

Note: Cheese may be omitted.

1 cup of Meat Serves 4 to 6! ●

CHILI VEGETABLE MEAT ROLL

- | | |
|--|--------------------------------|
| 1 cup ground cooked meat | 1 teaspoon minced green pepper |
| 1 cup chopped cooked peas, carrots, or green beans | 2 cups meat gravy |
| 1/2 teaspoon chili powder | Salt and pepper |
| 1 teaspoon minced onion | *Rumford Biscuit Dough |

COMBINE meat, vegetable, chili powder, onion, and green pepper; add 1 cup gravy. Season with salt and pepper. Prepare *Rumford Biscuit Dough according to directions given in recipe for Rosy Ring Arounds.

Roll out in rectangle about 1/4 inch thick. Spread with meat mixture; roll up jelly-roll fashion. Place on baking sheet. Bake in hot oven (425° F.) 30 minutes, or until well browned. Slice 1 1/2 inch thick. Serve with hot gravy. Serves 4 to 6.

That Creole Flavor! ●

GUMBO MEAT PIE

with Mustard Biscuit Topping

- | | |
|----------------------|--------------------------|
| 2 lbs. "stew meat" | 1/4 cup uncooked rice |
| 3 tablespoons fat | 6 small raw onions |
| 1 1/2 teaspoons salt | 1 green pepper, diced |
| Few grains pepper | 1 cup cooked lima beans |
| Few sprigs thyme | or okra |
| 4 cups water | *Mustard Biscuit Topping |

USE one of the thrifty cuts of beef, lamb, or veal. (Lamb neck, veal shoulder, or beef shank are all good.) Cut meat in 2-inch pieces. Brown in fat. Add salt, pepper, and thyme (if desired). Add water. Wash rice; add. Cover; simmer 2 hours, or until meat is tender, adding onions and green pepper 45 minutes before end of cooking time. If desired, thicken liquid with a little flour mixed to a paste with water. Add lima beans or okra. Pour mixture into round casserole.

Prepare *Mustard Biscuit Topping as follows: Sift together 1 1/2 cups flour, 2 teaspoons Rumford Baking Powder, 1/4 teaspoon salt; cut in 2 tablespoons shortening. Add 1/2 cup milk, mixing to make soft dough. Divide dough in half; pat or roll out each half into round 1/4 inch thick. Spread 2 tablespoons prepared mustard on one biscuit round; top with other biscuit round.

★ ★ ★ **RELY ON RUMFORD'S DEPENDABLE DOUBLE ACTION** ★ ★ ★

Cut in pie-shaped wedges; place on casserole. Bake in very hot oven (450° F.) 15 minutes. Serves 4 to 6.

Note: Thyme may be omitted or other seasoning used. Lima beans or okra may be omitted and rice increased to $\frac{1}{2}$ cup. One cup tomato juice may be substituted for 1 cup of the water.

You'll Like Kidney This Way ●

LITTLE CORN BISCUIT TOPPED PIES

1 veal kidney

Melted butter

1 cup chopped cooked meat

1 cup cooked peas

1 cup cooked carrots

2 cups well-seasoned medium
white sauce

*Rumford Corn Biscuit

WASH kidney; remove outer membrane. Split through center; remove fat and tubes. Brush with melted butter; place 2 inches below broiler heat. Broil 5 minutes on each side. Slice kidney; combine with meat, peas, and carrots. Mix with white sauce. Pour into individual baking dishes or casseroles. Prepare *Rumford Corn Biscuit as follows: Sift together $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup yellow corn meal, 3 teaspoons Rumford Baking Powder, $\frac{3}{4}$ teaspoon salt, and few grains sugar. Cut in $\frac{1}{4}$ cup shortening. Add $\frac{3}{4}$ cup milk to make a soft dough.

Pat or roll out dough $\frac{1}{2}$ inch thick on lightly floured board; cut with round cutter 1 inch in diameter. Place biscuits on meat and vegetable mixture. Bake in very hot oven (450° F.) 15 minutes. Serves 4 to 6.

New England and Southern Both! ●

CRACKLIN' CASSEROLE

1 cup corn meal
 $1\frac{1}{2}$ teaspoons salt
 $2\frac{1}{2}$ cups boiling water
1 cup milk
 $\frac{1}{2}$ lb. salt pork

2 egg yolks
3 teaspoons Rumford
Baking Powder
2 egg whites

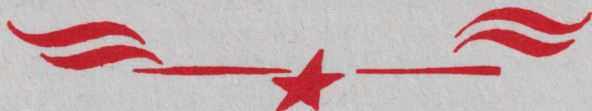
ADD corn meal and salt to rapidly boiling, salted water. Cook slowly, stirring constantly, until thickened — about 10 minutes. Remove from heat; add $\frac{1}{2}$ cup milk. Cool. Cut salt pork (or use bacon squares, "streak of lean," etc.) into $\frac{1}{2}$ inch cubes; try out until cubes are crisp and brown. Drain, reserving drippings for gravy, if desired. Beat egg yolks well; add remaining milk. Add egg yolks to corn meal mixture; add Rumford Baking Powder. Beat egg whites stiff; fold in. Pour into greased baking dish. Top with salt pork cubes. Bake in moderately hot oven (375° F.) 40 minutes. Serves 6.

Note: If desired, make cream gravy to serve on corn meal mixture by blending 2 tablespoons flour with 2 tablespoons drippings; add 1 cup milk. Cook, stirring constantly until thickened.



RUMFORD MEAT-EXTENDERS

This is one of a series of leaflets prepared by the makers of Rumford All-Phosphate Baking Powder to help you with your war-time food problems. All of the recipes have been tested; they "work." It is recommended that you follow them exactly as given.



MEAT rationing simply means "sharing the meat so that all may eat"! And if it turns out that our share is perhaps a little less than we're accustomed to — we won't grumble. Patriotic homemakers will find ways to *stretch* their meat allotment so that meals are still appetizing, nutritious — and *filling*!

• **HERE'S HOW!**



AS MANY good cooks know, one of the best ways to extend meat is to combine it with biscuit and biscuit-type doughs. Try dropping fluffy Rumford dumplings into a hearty stew . . . or covering a bubbling meat pie with golden-brown biscuit dough . . . or, heat left-over meat in gravy and serve it over tender, flaky Rumford shortcake. Meat served this way goes twice as far . . . and, even the inexpensive cuts and left-overs turn into party fare!

RUMFORD WINS IN TASTE TESTS!

BUT — be sure your biscuit doughs and batters are made with Rumford! This is especially important to remember when you're combining them with meat. You see, Rumford is an *all-phosphate* baking powder. It contains no alum. Rumford never leaves a *bitter* taste in the finished product to quarrel with the flavor of other ingredients.

A NUTRITION PLUS

THESE days you want the food you serve your family to keep them *fit* as well as *fed*. Rumford All-Phosphate Baking Powder contains valuable amounts of calcium and phosphorus . . . those important minerals that help build strong bones and hard, sound teeth. Just one teaspoon of Rumford in baked foods supplies you with one-third your minimum daily requirement of calcium — one-half your requirement of phosphorus.

RIGHT RESULTS WITH RUMFORD

TODAY, it's unpatriotic — as well as expensive! — to waste ingredients on things that don't turn out "just right." But — no worry about that when you bake with Rumford! Rumford's *controlled* double-action is insurance against baking failures. Yet Rumford's cost is counted in *pennies*!

Note, too, that the Rumford recipes for meat-extendors do not call for expensive — or hard-to-get ingredients. These dishes are simple to make . . . require no special skill . . . and with a few variations will always seem new and delicious to the family.

★ HELP FOR YOUR ★ WAR-TIME FOOD PROBLEMS

This is one of a series of folders
to help you solve:—

Your Bread-Delivery Problem: RUMFORD QUICK BREADS

Your Time-Shortage Problem: RUMFORD TIME-SAVER PLAN
(Bake All At Once)

Your Lunch-Box Problem: RUMFORD LUNCH BOX IDEAS

Your Sugar Problem: RUMFORD SUGARLESS RECIPES

Your Meat Problem: RUMFORD MEAT-EXTENDERS

They're yours for the asking. Write us today.

Rumford Complete Cook Book

A 210-page cook book, containing 510 recipes for every branch of cookery from appetizer through meat to dessert and beverages.

How do you get a Rumford Complete Cook Book if you don't have one? Just buy a can of Rumford and use the convenient card inside. You mail this card to Rumford with 25 cents, and we will send you this useful, practical cook book of tested and economical recipes. More than 5 million copies in use! Now in 36th Edition.

All-
Phosphate



Double-
Acting

**Rumford Baking Powder contains no Alum—
Never leaves a Bitter Taste!**

RUMFORD CHEMICAL WORKS, RUMFORD, RHODE ISLAND